

# Protect yourself from the flu

**Did you know that each  
year in the United States:**

- 5% - 20% of the population gets the flu;
- More than 200,000 people are hospitalized from flu complications, and;
- About 36,000 people die from the flu?

The flu vaccine is the best way to protect against the flu. Take action to protect yourself and the ones you love.

Source: Centers for Disease Control (CDC)

**MEMBERS ENROLLED IN A STATE OF DELAWARE HEALTH  
PLAN CAN RECEIVE A FLU VACCINE:**

- at a local participating pharmacy for a \$20 co-pay, OR;
- at your physician's office (office visit charges may apply).

Visit <http://ben.omb.delaware.gov> for detailed information

**For additional information visit  
<http://ben.omb.delaware.gov>  
or contact**

Office of Management and Budget  
Statewide Benefits

Customer Services 1-800-489-8933 or 302-739-8331  
or [benefits@state.de.us](mailto:benefits@state.de.us)

